



Heat Waves and Health

What is extreme heat?

Extreme heat event is when temperatures are significantly hotter than normal.

What is an urban heat island?

Urban neighborhoods that face hotter temperatures.

What contributes to urban heat islands?

Concrete, traffic, roads, parking lots, fewer trees, more buildings.

Health Impacts from Extreme Heat



Leads to breathing problems, heat stroke, tiredness, headaches, and nausea



Dehydration - not enough fluid in the body to keep it working properly



Increases risk of preterm birth (babies born early)



Harder to sleep well leading to poor sleep quality



Stress on the heart organ



Increases risk of mental illness

Who Is Most At Risk?



How Can You Take Action?

- 1 Drink around 2-3 liters of water throughout the day


- 2 Limit exercise and activity when it is the hottest (11 AM - 5 PM)


- 3 Use your air conditioner (AC) or fan


- 4 Have a "buddy system" to check in on people who need extra help in the community


- 5 Partner with groups that want to create more protections for the community and the environment like more shaded/green space and setting rules on pollution.


- 6 Partner with community groups to plant trees, develop heat action plans, warning systems, and long-term plans to decrease heat waves



Community Resources

Check Air Quality Here:



Air Visual App:



Real-Time Weather:

